

Seattle Parks and Recreation

HIAWATHA COMMUNITY CENTER

FALL 2003

You Can Count On Us for Recreational, Educational, and
Cultural Programs



Louden Ivey enjoys summer day camp with counselors Thuy Oanh Nguyen and Michael Warbington. When school starts Loudan will return to the Before and After School Program at Schmitz Park School which is operated by Hiawatha Community Center. Information on school age child care programs offered by the center is found on page 6.

Check out our out-
standing gymnastics
classes on page five.

Join active senior
citizens for pickleball
every Mon., Wed., and
Fri. at 10:00am.

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Antidiscrimination Policy

As a matter of policy, law and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin or the presence of any sensory, mental or physical handicap.

ADA Compliance

We will make reasonable accommodation, upon request, for persons with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-684-7430 or 206-684-4950/TDD. Please allow 10 working days advance notice. If a class or activity is scheduled in an area not accessible to wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Serving You Since 1911

Welcome to Hiawatha Community Center, the first municipal recreation building built in the Pacific Northwest. The center has been serving residents of West Seattle since 1911. This brochure lists our program offerings. We hope there is something that interests you. Please call us if you have questions.

Community Center Staff

John Hermann, Recreation Center Coordinator
Barb Drake, Assistant Recreation Coordinator
Al Mason, Recreation Attendant
Dorothy Talamaivao, Teen Development Leader
Walter McCarthy, Maintenance Laborer
Lisa Crisostomo, Morning Building Monitor
James Hubbard, Weekend Recreation Attendant
Amanda Kirk, Weekend Recreation Attendant
Dashanna Jimmerson-Chalmers, Weekend Recreation Attendant

Registration Information

- ♦ Registration is now open. Classes begin September 16 except where noted otherwise. No classes Nov. 11, 27, 28.
- ♦ See page 15 for registration form.

Hours of Operation

- ♦ Monday 1:00 pm – 9:00 pm
- ♦ Tuesday 1:00 pm – 9:00 pm
- ♦ Wednesday 10:00 am – 9:00 pm
- ♦ Thursday 1:00 pm – 9:00 pm
- ♦ Friday 10:00 am – 9:00 pm
- ♦ Saturday 10:00 am – 4:00 pm
- ♦ Sunday 12 noon – 5:00 pm

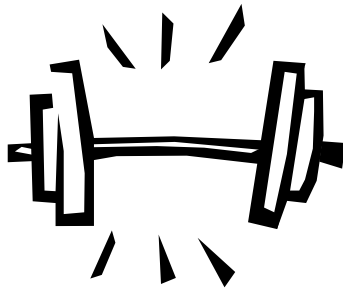
Additional Hours of Operation

(Open to participants in programs funded by Hiawatha Advisory Council)

- ♦ Monday 10:00 am – 1:00 pm
- ♦ Tuesday 10:00 am – 1:00 pm
- ♦ Thursday 10:00 am – 1:00 pm

Hiawatha Weight Room

The small Hiawatha weight room contains a five station universal gym weight machine, an exercycle, treadmill, and stairstepper. It is open Monday through Friday from 10:00 am to 9:00 pm, Saturdays from 10:00 am to 5:00 pm and Sundays from 12 noon to 5:00 pm. Use is restricted to adults who purchase a monthly membership. Youth 15 – 17 may use the weight room when accompanied by an adult. The fees are \$35 for 3 months or \$15 for 1 month.



JOIN THE POPULAR GIRLS VOLLEYBALL PROGRAM. SEE PAGE SIX FOR DETAILS.

Classes

Hatha Yoga for Beginners

This is a non-competitive traditional system for improving strength, flexibility, and energy for the body, mind and spirit. It is a 3000-year-old life science that can help you attain a healthier body and a more peaceful mind. Yoga brings a balance of internal and external awareness, integrating breathing (pranayama) and physical postures (asanas).

Wednesday	5:00 – 6:30 pm	7 weeks	\$62
Wednesday	6:30 – 7:45 pm	7 weeks	\$62
Sunday	2:30 – 4:00 pm	7 weeks	\$62

Session 1 September 17 – October 29

Session 2 November 5 – December 17

Instructor: Roz Boyd.



New Programs

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Dance, Music, Drama

Adults

🗡 Middle Eastern Dance Ages 15 +

Learn veil, zillwork, cane, basic steps, and body movement in this exciting traditional dance.

Beginning Thursday 6:30–7:30 pm 8 wks \$52

Intermediate Thursday 7:30–8:30 pm 8 wks \$52

September 18–November 6

Instructor: “Sian”

🗡 Tap Dancing Ages 15 +

Learn basic technique while following in the footsteps of Fred Astaire and Gregory Hines.

Tap your way in real style in this lively class.

Wednesday 6:00 – 6:55 pm 10 wks \$26

September 17 – November 19

Instructor: Dorothy Poplawski

Youth and Tots

🗡 Rhythms Ages 4–5

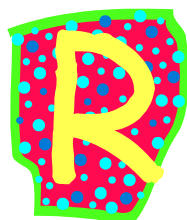
Your child will explore direction, spatial awareness, loco-motor skills and simple dance movements to a variety of rhythms.

Wednesday 3:30 – 4:00 pm

10 wks \$21

September 17 – November 19

Instructor: Dorothy Poplawski



🗡 Middle Eastern Dance Ages 10 – 14

Learn veil, zillwork, cane, basic steps, and body movement in this exciting traditional dance.

Thursday 6:30–7:30 pm 8 wks \$52

September 18 – November 6

Instructor: “Sian”



Youth and Tots (cont)

🗡 Tap Dancing Ages 5 – 14

Get your child following in Gregory Hines’ footsteps. Basic steps & simple routines focusing on rhythm and timing will be taught.

Wednesdays

(Beg 5 – 8) 4:00 – 4:30 pm 10 wks \$21

(Int 8 – 12) 4:30 – 5:00 pm 10 wks \$21

(Adv 9 – 14) 5:00 – 5:30 pm 10 wks \$21

September 17 – November 19

Instructor: Dorothy Poplawski

🗡 Babies Sing and Play Ages 6 – 16mo

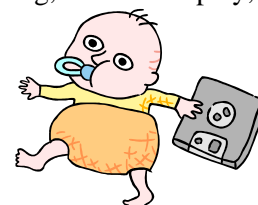
Activities include singing, dancing, instrument play, baby massage, baby exercise, and creative movement. For parents and babies.

Mon. 12:00 – 12:45 pm

10 wks \$75

September 15 – November 17

Instructor: Cindy Rothwell



🗡 Toddler Tunes Ages 14 mos – 3 ½ yrs

Come sing, dance, play games and play simple instruments to classic folk tunes. Participate in circle dances, creative movement, and puppet play. For care-giver and toddler.

Mon. 10:00 – 10:45 am 10 wks \$75

Mon. 11:00 – 11:45 am 10 wks \$75

September 15 – November 17

Instructor: Cindy Rothwell

Gymnastics

Classes are taught by USA Gymnastics certified instructors and operated under USAG guidelines. Fees include insurance coverage.

Session One 7 weeks

Saturday classes begin Sept. 6. Monday classes begin Sept. 8. Tuesday classes begin Sept. 9.

Session Two 7 weeks

Saturday classes begin Nov. 1. Monday classes begin Nov. 3. Tuesday classes begin Nov. 4.

Tumble Bugs Recreational Gymnastics and Tumbling

The Tumble Bug program focuses on body awareness, coordination, and self-confidence. Older age groups will work on specific U.S.A.G. skill goals.

Director: Allison Osborn

Parent/Tot: Age 3 (capacity 6)

Tuesday	1:30 – 2:00 pm	\$45
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Grasshopper: Ages 3 – 4 (capacity 8)

Monday	11:30 – 12:00 pm	\$45
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Monday	12:15 – 12:45 pm	\$45
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Monday	1:00 – 1:30 pm	\$45
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Tuesday	2:15 – 2:45 pm	\$45
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Firefly: Age 4 – 5s (capacity 8)

Monday	3:40 – 4:25 pm	\$59
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Tuesday	3:40 – 4:25 pm	\$59
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Saturday	10:00 – 10:45 am	\$59
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Saturday	12:45 – 1:30 pm	\$59
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Butterfly: Ages 6 – 9 (capacity 8)

Monday	4:15 – 5:15 pm	\$79
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Monday	5:20 – 6:20 pm	\$79
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Tuesday	4:30 – 5:30 pm	\$79
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Tuesday	5:30 – 6:30 pm	\$79
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Saturday	10:45 – 11:45 am	\$79
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Saturday	11:45 – 12:45 pm	\$79
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Dragonfly: Ages 8 – 12 (capacity 8)

Monday	6:30 – 7:30 pm	\$79
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Tuesday	6:30 – 7:30 pm	\$79
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Gymnastics Parties



Gymnastics Birthday Parties Ages 6 – 10

Looking for a special birthday party? Let us help you!

Our auditorium has been set aside on Saturdays from 2:30 to 4:30 pm for birthday parties. The auditorium will be decorated. Tables will be set. Games will be provided. Indoor play equipment will be available. **A member of our gymnastics staff will be provided to lead gymnastics games and activities.**

All you have to do is bring the party favors and the refreshments. Forget the hassle, and enjoy the fun of your child's special day. Reservations must be made three to six weeks prior to the party.

Call 684-7441 for birthday party details.

Cost: \$135.00.



Sports

Open Adult

☛ Free Open Basketball

Monday	1:00 pm – 2:00 pm
Friday	1:00 pm – 2:00 pm
Saturday	10:00 am – 4:00 pm
Sunday	12:00 am – 5:00 pm

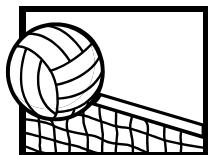
Pay To Play Open Basketball

Tuesday	9:00 – 11:00 pm	Begins November 4
Thursday	9:00 – 11:00 pm	Begins November 4
	\$2:00 per night	

Pay To Play Open Volleyball

Monday	8:00 – 10:00 pm	Begins Sept. 8
	\$2.00 per night.	

Youth



Girls Volleyball Ages 10 – 13

Participate in this increasingly popular sport. Teams will be formed for 10/11-year-olds (5th & 6th grade), and 12/13-year-olds (7th & 8th grade). Registration begins June 15. Practices begin at the end of August. Games begin in mid-September and end in mid-November. The goal this year is to expand the program to eight teams, so more players and coaches are needed. Fees to be determined.

Youth

☛ Basketball Teams

Age 8

Have fun in this high scoring league featuring small balls and lower hoops. Separate teams for boys and girls are being formed to play in the Alki-Hiawatha League. Games will be played Friday nights at Hiawatha Community Center. Games begin in January. \$45

☛ Basketball Teams

Age 9

Have fun in this neighborhood league. Separate teams for boys and girls are being formed to play in the Alki-Hiawatha League. Games will be played Friday nights at Madison Middle School. Games begin in January. \$45

☛ Basketball Teams

Ages 10 – 17

Teams are being formed for play in gold, silver, or bronze divisions in city leagues. Games are played on Saturday and Sunday. Games begin in January. \$45

High School Open Basketball Play

Prepare for the season by coming to the gym at West Seattle High School for pick up games. Participation is free; however, current high school student identification is needed.

Tuesday 6:30 – 8:45 pm. September 16 – October 28

Hiawatha Playfield Batting Cage

The cage is available year-round. Pick up the key at the center.



Lil Soccer Stars

Ages 3 ½ – 5 yrs

A fun, instructional soccer program utilizing age appropriate activities and games designed to develop individual ball handling skills. Taught by nationally licensed Director/Head Coach of Soccerville Academy Beatrice Ryan.

Wednesday	1:00 – 1:45 pm	5 wks	\$45
Session 1	September 17 – October 15		
Session 2	October 22 – November 19		

Children's Activity/Care Programs

Pre-School

☛ Time for Tots Co-op Pre-School

Learn through play the cooperative way where parents and children learn together. Children need to learn about friendly faces, imitating, speaking, exploring and shapes. As parents, you can learn songs, games to play, and many things that will help your child develop. Spend one day a week with your child. Discuss ideas with a teacher and other parents.

1 year Wed 10 am – 12:00 pm \$21/mo

2/3 yrs Th/Fri 10 am – 12:00 pm \$42/mo

4/5 yrs Wed/Th/Fr 12:30 – 3:00 pm \$63/mo

Instructor: Dorothy Poplawski

☛ Learning Ladder Pre-School Ages 3 – 5

Your preschooler will be proud to attend his or her own school. The mornings are filled with fun and learning. Play-time includes creative and dramatic play, arts and crafts, circle time and field trips. Learning time introduces your child to ABC's and 123's, as well as science and math. Your child will learn age appropriate social skills. \$45 registration fee. Call 937-2363 for information.

E-mail: LearningLadderPreschool@hotmail.com.

Tues/Wed/Thurs 9:30 am – 12:00 noon \$103/mo

Instructor: Nan Tate.



Arts & Crafts are popular in both pre-school and school-age care programs at the center.

School Age

☛ Before & After School Program

A program designed to serve the needs of working parents and to provide children with social, physical, and recreational activities within a safe and caring environment.

Before School 7:00 – 9:00 am M – F \$175/mo

After School 3:15 – 6:00 pm M – F \$230/mo

Program Director: Anna Coronado

Hiawatha Community Center Site K – 3rd grade
Site Director: Suzi Wiggins

Schmitz Park School Site K – 5th grade
Site Director: Carrie Benson

☛ Kids' Environment & Enrichment Program

This offsite after school program for 4th and 5th graders will make use of Lafayette School & Camp Long. It will emphasize crafts, environmental studies, and homework. Children will start and end each day at Lafayette School or Hiawatha Community Center.

After School 3:15 – 6:00 pm M – F \$230/mo

Program Director: Anna Coronado

Offsite Director: Amanda Kirk

School Year Day Camps

These fun and well-supervised camps for kids will feature arts and crafts, sports, games, field trips and swimming.

☛ Holiday Day Camp Grades K – 5

Dec 22 – Dec 26 7:00 am – 6:00 pm \$95

Dec 29 – Jan 2 7:00 am – 6:00 pm \$95

Registration Begins Nov 1.

☛ Mid-Winter Break Camp Grades K – 5

Feb 16 – Feb 20 7:00 am – 6:00 pm \$110

Registration begins January 3.

Teens

Weekly Program

The center is proud to present this drop-in activity program for middle school and high school youth. It will operate Monday through Friday from 2:30 to 9:00 pm. The goal of the program is to provide fun, safe, and supervised activities that will enhance academic, social, fitness, and life skills. Activities will include tutoring, field trips, sports, art, and community service. Daily sign in and out will be required. Below is a list of activities already planned by Teen Development Leader Dorothy Talamaivao.

Weekly Schedule for Middle School Youth

Monday	Madison Pickup	2:15pm
	Study Hall	2:30 – 3:30pm
	Hangtime	3:30 – 5:00pm
Tuesday	Madison Pickup	2:15pm
	Study Hall	2:30 – 3:20pm
	Hangtime	3:30 – 5:00pm
Wednesday	Field Trips	2:15 – 4:30pm
	Bowling, skating, swimming, and more.	
Thursday	Madison Pickup	2:15pm
	Hip Hop Dance	2:30 – 4:30 pm
Friday Late	Madison Pickup	2:15 pm
	Hangtime	2:30 – 5:00pm

Weekly Schedule for High School Youth

Tuesday	Open Basketball	6:30 – 8:30pm
Friday	Evening Recreation	6:30 – 9:00pm

Special Programs

Volunteers

The teen program provides opportunities for older youth and adults to provide volunteer service to the community. Call if you are interested in helping.

Teen Development Council

Join other teens interested in helping plan the program and contributing to the community. Call the center for the days and times of the meetings.

Special Events

Youth Violence Forum

Monday October 20 7:00 p.m.

Meet with members of various law enforcement agencies to discuss current issues related to violence.

Game Room

THE GAME ROOM CONTAINS A POOL TABLE, TABLE TENNIS TABLE, FOOSBALL TABLE AND TELEVISION. IT IS A NICE PLACE FOR TEENS TO SIMPLY HANGOUT AFTER SCHOOL OR ON WEEKENDS

Middle School Dance SATURDAY NOVEMBER 8

8:00 – 11:00PM

Alki Community Center

Family Special Events

Halloween Carnival

**Friday
October 31**

The annual carnival features twenty exciting game booths, the fabulous Balloon Room, and more. It runs from 6:30 pm to 9:00 pm. Game booth tickets cost 25¢. The carnival is operated with the help of West Seattle Kiwanis, West Seattle Lions, West Seattle Hi Yu, West Seattle High School Decca Club, and Sealth High School Band. Call the center if you would like to help.



Jordan Crawley, Jake Eddy, and Claire Behrndt look for prizes at the Wonderful Prize Booth at the Halloween Carnival.

Childrens' Entertainment

Puppets!

Entertainment for the Whole Family

This fall Hiawatha Community Center's Saturday Children's Entertainment Program will focus on puppets. Bring the whole family to all of these exciting and wonderful performances!



Parent and Child — \$4

Whole Family — \$6

Performances begin at 2:00 pm

Saturday, Sept 20 — Seattle Marionettes

Saturday, Oct 18 — Puppets Please

Saturday, Nov 15 — Snap Dragon



Birthday Parties **Ages 4 – 10**

Looking for a special birthday party? Let us help you! Our auditorium has been set aside on Saturdays from 2:30 to 4:30 pm and Sundays from 12 noon to 2:00 pm for birthday parties. The auditorium will be decorated; tables will be set; games will be provided; and indoor play equipment will be available. A staff member will be provided to lead games and activities. All you have to do is bring the party favors and the refreshments. Forget the hassle, and enjoy the fun of your child's special day. Reservations must be made three to six weeks prior to the party. Call 684-7441 for birthday party details. Cost: \$125.00.

Seniors

Senior Adult PROGRAM Classes At Hiawatha

Register by walk-in, mail, or phone. Make checks payable to Senior Adult Advisory Council, and mail to Senior Programs, Southwest CC, 2801 SW Thistle, Seattle WA 98126. To register by phone, call 206-684-7438.

🔗 Line Dancing

This dance craze doesn't require a partner. It's fun, easy, and great exercise.

Tuesday 10:45 – 11:45 am \$18.00

Instructor: TBA



Exercise through dancing is fun. At Hiawatha, Tap, Middle Eastern, and Line Dancing Classes are scheduled for this fall.

🔗 Van Trips

Once a week trips are taken to attractions in Western Washington. Past excursions have taken seniors by van to Meeker Mansion in Puyallup, Camano Island, Imax Theater, Suquamish, Port Defiance, Tacoma Dome, Leavenworth, Tolt River, Marysville, Port Ludlow, Poulsbo, Benaroya Concert Hall, University Village, Seattle Center, and Chinese Gardens. Local pick up is provided.

🔗 Pickleball

Enjoy this exciting game with other active seniors in the gym three days a week. No registration, just bring a paddle.

Mon/Wed/Fri 10:00 am–12:00 noon Free

🔗 Tap Dancing

Learn basic technique while following in the footsteps of Fred Astaire and Gregory Hines. Tap your way in real style in this lively class. Registration for this class must be made at Hiawatha Community Center. Call 684-7441.

Wednesday 6:00–6:55 pm 10 wks \$21

Instructor: Dorothy Poplawski

🔗 Middle Eastern Dancing See page 4

🔗 Hatha Yoga for Beginners

This is a non-competitive traditional system for improving strength, flexibility, and energy for the body, mind and spirit. It is a 3000-year-old life science that can help you attain a healthier body and a more peaceful mind. Yoga brings a balance of internal and external awareness, integrating breathing (pranayama) and physical postures (asanas). Registration for these classes must be made at Hiawatha Community Center. Call 684-7441.

Wednesday 5:00–6:30 pm 7 weeks \$62

Wednesday 6:30–7:45 pm 7 weeks \$62

Sunday 2:30–4:00 pm 7 weeks \$62

Session 1 September 17 – October 29

Session 2 November 5 – December 17

Instructor: Roz Boyd.



West Seattle Library

PRESCHOOL & TODDLER STORY TIME

Explore the world of reading through stories, songs, and finger plays! For ages 1½ to 5. Every Wednesday at 10:30 am, join the children's librarian from the West Seattle Library here at the center.



West Seattle Library
presents

Story Times at Hiawatha

Library Story Times live on at Hiawatha Community Center while the branch is being renovated. Introduce your children to the world of books and reading through stories, songs, finger plays and more!

Toddler Story Time

Ages 2 - 3
Wednesdays, 10:30 am
September 3, 10, 17, 24
October 1, 8

Preschool Story Time

Ages 3 - 5
Wednesdays, 10:30 am
October 15, 22, 29
November 5, 12, 19, 26

Environmental Education

Natural Helpers

Join park department naturalist Willie Campbell for outdoor recreation and fun. Pre-registration required. Parents must accompany child.

Spiders and Insects at Schmitz Park

Wednesday Sept. 25 2:00 – 3:00 pm Free

Wetlands at Hiawatha

Wednesday Oct. 29 2:00 – 3:00 pm Free

Your support is needed to maintain a clean and beautiful Hiawatha Playfield. Ongoing work projects are being organized. Call the center for details on how your group can participate in this effort.

One Day Seminars

Free Home Buying Seminar For First Time Buyers and Sellers

Learn about buying a home for less than rent, the top three items first-time buyers need to know, purchasing a home with no down payment, credit reports, and various subjects from pre-approval to purchase. Presented by local experts Dick Bounds, Jeff Mandels, and Fred Collins. Call 684-7441 to register.

Saturday September 20 11:00 am – 1:00 pm
Free

Pre-Arranging Your Funeral Expenses

Learn how to pre arrange funeral expenses so as to establish peace of mind. This seminar will discuss options, information, documents needed, governmental requirements, & costs. Call 684-7441.

Thursday September 18 7:00 pm Free
Instructor: Jocelyn Bagley

Herbs For Cold/Flu Season

Learn about immune system builders that will help you survive the flu season. Find out which herbs are for you. This seminar will answer all your questions.

Saturday October 18 2:00 – 3:00 pm \$45
Instructor: Suzi Wiggins

Neighborhood Groups

Hiawatha Advisory Council

In its leadership role, the council plans, organizes, funds, and operates programs in the center and on the playfield with Seattle Parks and Recreation. Current council members are Phil Brockman, John Dodd, George Grieve, Ron Jolly, Dana McAvoy, Bernie Whittman, and Rob Wunder. This year we invite you and your family to enjoy the recreation activities of Hiawatha. If you would like to help other like-minded citizens and the professional staff at Hiawatha with the development and operations of programs, you are invited to join the council. The council meets the fourth Tuesday of the month.

Admiral Neighborhood Planning Coalition

The group is actively participating in the neighborhood planning process. For more information call Bob Shives at 206-932-7282.

Friends of Hiawatha Athletic Field

Hiawatha Community Center Advisory Council and Friends of Hiawatha Athletic Field recently completed preliminary plans for improvements to the athletic field at Hiawatha Playfield. Friends of Hiawatha Athletic Field will meet as needed until this unfunded project is completed. Members are Rob Wunder, Phoebe Russell, Mark Minckler, Shirley Tupper, and Dennis Ross. Call John Hermann at 684-7441 further information.



Neighborhood Recreation

Alki Bath House Art Studio

The studio is a community based facility operated by Alki Community Center Advisory Council. It is located right on the beach at Alki and is an ideal backdrop for artists. It provides opportunities for individual studio work and classroom instruction. Call 206-684-7430 for further information.

Southwest Pottery Studio

Southwest Pottery Studio was built in 1975. It has electric wheels, kilns and skilled instructors. In addition to classes, the studio has pottery production and studio time. It is located at Southwest Recreation Complex.

Call 206-684-7438 for further information.

Alki Community Center

Friday Night Skating

Bring the whole family to the center from 7:00 to 9:00 pm each Friday. If you do not have your own skates you can borrow a pair from the center.

Parent/Child Hang Out Time

Get out of the house and the rain. Have fun with your child and other parents and children. The center has a room set up for you every Monday, Tuesday, Wednesday and Thursday from 10:00 am – 2:00 pm. Call 684-7430 for more information.

Computer Labs

Computer labs are available at Delridge Community Center (684-7423) and West Seattle High School (725-9095). Call for information on classes and lab time.

Southwest Pool Daily Schedule Fall '03, 9/8-12/31

MONDAYS & WEDNESDAYS

6:00-7:30* AM	Early Morning Lap Swim
Noon-1:30 PM	Adult/Senior Adult Swim
3:00-4:00***	Lap Swim
4:00-5:30	Swim Lessons
5:30-6:30	Lap Swim
5:30-6:30	Masters Workout
6:30-7:15	Diving Lessons
6:30-7:00	Swim Lessons
7:00-7:30	Swim Lessons
7:30-8:15	Hydro-Fit
7:30-8:30	Shallow end Public Swim
8:30-9:30	Adult Swim

TUESDAYS & THURSDAYS

Noon-1:30 PM	Adult/Senior Adult Swim
1:30-2:30	Sr. Adult Water Exercise
2:45-3:45	ASAP Program
4:00-5:00	YMCA Swim Team
4:30-5:00	Competitive Stroke
5:00-6:00**	Lap Swim
6:00-6:30	Swim Lessons
6:30-7:00	Swim Lessons
7:00-7:30	Swim Lessons
7:30-8:30	Public Swim
8:30-9:15	Hydro-Fit
8:30-9:30	Adult Water Aerobics

*Admission to EMLS by swim ticket only

**Programs cancelled due to swim meet on:
9/23, 9/30, 10/7, & 10/21

***Lap Swim cancelled Nov. 17th - mid-February

POOL CLOSED

August 29th - September 1st	Maintenance
September 2nd - 7th	Budget Closure
November 11th	Veterans' Day
November 27th & 28th	Thanksgiving
December 25th	Christmas Day
January 1st 2004	New Years Day

**Look for our new Holiday schedule
12/22 - 1/3/04**

FRIDAYS

6:00-7:30* AM	Early Morning Lap Swim
Noon-1:30 PM	Adult/Senior Adult Swim
1:30-2:30	Family Swim
3:00-4:00***	Lap Swim
4:00-5:30**	\$1.00 Public Swim
5:30-7:00	Lap Swim
6:00-7:00	Masters Workout
7:00-8:00	Family Swim
8:30-10:00	Rentals (Call to Schedule)

SATURDAYS

10:00-11:00 AM	Stretch & Flex
10:00-11:00	Youth Swim & Fitness
11:00-Noon	Swim Lessons
Noon-1:00 PM	Adult/ Sr. Adult Swim
1:00-2:00	Public Swim
2:30-10:00	Rentals (Call to Schedule)

SUNDAYS

11:00-12:30 PM	Adult/Senior Adult Swim
12:30-2:00	Swim Lessons
2:00-3:00	Family Swim
3:00-4:00	Special Pops Lessons
4:00-5:00	Public Swim
5:00-6:00	Lap Swim
6:30-10:00	Rentals (Call to Schedule)

FACILITY FEES & CHARGES

Youth (1-18)	\$2.25
Adult (19-64)	\$3.25
Senior Adult (65 & over)	\$2.25
Special Population	\$2.25
Masters Workout	\$3.75
Water Aerobics	\$3.75
Hydro-Fit/Aqua Jog	\$3.75
Sr. Adult Water Aerobics	\$2.50
Non-Recreation Spa, Weights, Sauna Use	\$3.25
Recreation Pass (save \$2.00)	\$20.00
Fitness Pass (save \$3.00)	\$30.00
Water Equipment Rental	\$1.50
Showers	\$2.00

Southwest Pool offers a comprehensive swim lesson program.
Call (206) 684-7440 for class information and registration dates.

Southwest Pool Recreation & Fitness Programs

ADULT/ SENIOR ADULT SWIM

A recreational swim period for adults 19 years and over. Fast, medium, and easy lanes available for fitness swimming.

Monday through Friday	Noon - 1:30 PM
Monday & Wednesday	8:30 - 9:30 PM
Saturday	Noon - 1:00 PM
Sunday	11:00 am - 12:30 PM

LAP SWIM

This program is designed for the serious swimmer as well as those who want to work on conditioning. We have lanes set aside that designate different swimming ability levels.

M/W/F	6:00 - 7:30 AM
M/W/F*	3:00 - 4:00 PM
Monday & Wednesday	5:30 - 6:30 PM
Tuesday & Thursday	5:00 - 6:00 PM
Friday	5:30 - 7:00 PM
Sunday	5:00 - 6:00 PM

*Program ends 11/17 due to high school swim team

PUBLIC SWIM

This is a recreational time for all ages. You may bring your clean masks, fins, snorkels, life preservers, and water wings to use.

Monday - Thursday	7:30 - 8:30 PM
<i>(Monday and Wednesday evening public swims are shallow end only.)</i>	
Friday (\$1.00 swim)	4:00 - 5:30 PM
Saturday	1:00 - 2:00 PM
Sunday	4:00 - 5:00 PM

FAMILY FLOAT SWIM

The family float swim is a recreational time for the family. A parent/guardian must accompany youth under 18 years of age.

Friday	1:30 - 2:30 PM
Friday	7:00 - 8:00 PM
Sunday	2:00 - 3:00 PM

ADULT WATER AEROBICS

Shallow end Water Aerobics is a workout consisting of warm-up, stretching, 30 minutes of aerobic activity, and a cool down. No swimming ability required.

Tuesday & Thursday	8:30 - 9:30 PM
Class Fee: \$3.75 Adults/ \$2.50 Senior Adults	

ADULT HYDRO-FIT

Hydro-Fit is a 45 minute deep water, non-impact adult exercise program. The use of specially designed buoyancy and resistance apparatus provide a demanding workout for the whole body. Some deep water swimming ability required.

Monday & Wednesday	7:30 - 8:15 PM
Tuesday & Thursday	8:30 - 9:15 PM
Class Fee: \$3.75 Adults/ \$2.50 Senior Adults	

SENIOR ADULT WATER EX

Shallow end Senior Adult Water Exercise provides a recreational as well as a therapeutic exercise time for senior adults. Participants can expect increased strength and flexibility while improving their cardiovascular system. No swimming ability required.

Tuesday & Thursday	1:30 - 2:30 PM
Class Fee: \$3.75 Adults/ \$2.50 Senior Adults	

MASTERS WORKOUT

An experienced coach supervises an interval workout of 2500 yards or more. Different lanes for different abilities. Stroke work and helpful tips will be offered during this time.

Monday & Wednesday	5:30 - 6:30 PM
Friday	6:00 - 7:00 PM
Class Fee: \$3.75 Adults	

For a complete Southwest Pool Schedule please call (206) 684-7440. Southwest Community Center and Pool is located at 2801 SW Thistle

SEATTLE PARKS & RECREATION PROGRAM REGISTRATION FORM

in partnership with the Associated Recreation Council

This form is for NON-Day Camp programs *only*. Ask recreation staff for day camp registration forms as needed.



Registration Procedures:

1. Please complete registration form entirely.
2. Payment **MUST** accompany registration.

Family Information: (Please complete for the **adult** who is financially responsible for the **family account**.)

(ADULT) Name: _____ Sex: Male Female
Last First MI (Circle One)

(ADULT) Birthdate: ____/____/____ Email Address: _____
mm/dd/yyyy

Street Address: _____ City: _____ State: _____ ZIP: _____

Phone - eve: (____) _____ day: (____) _____ other: (____) _____

Family Emergency Contact: _____
Name Phone Relation

☐ **PARTICIPANT info differs from above. How does it differ?** _____

PARTICIPANT <small>(please print full name)</small>	M/F	BIRTHDATE <small>(mm/dd/yyyy)</small>	COURSE TITLE <small>(Non-Day Camp Activities ONLY)</small>	1 ST CHOICE		ALTERNATE		AMOUNT	Staff Use Only
				DATE(S)	START TIME	DATE(S)	START TIME		
								\$	
								\$	
								\$	
								\$	
TOTAL								\$	

**Acceptance of this request does not guarantee enrollment into a class (see back for more information).*

How would you like to pay?

Person making payment _____
(required for proper refunding)

**PLEASE INCLUDE
PAYMENT**

☐ Cash *(Please do not send cash through the mail.)*

☐ Check or Money Order # _____

☐ Visa ☐ Mastercard ☐ American Express

Staff Use Only

Authorization (Ref) #: _____

Card #: _____ Expires: _____

Name as it appears on card: _____

Signature: _____

**For
mail-
in
only**

ASSUMPTION OF RISK AND RELEASE: I hereby give my consent as a participant or for the above-named participant(s) to participate in the program(s) listed above being conducted or co-sponsored by Seattle Parks and Recreation and declare that I will not hold the City of Seattle, Seattle Parks and Recreation, Seattle Parks and Recreation's employees, Advisory Council, or any volunteer associated with the program, responsible for any injuries, damage or personal loss incurred while participating in said program(s).

Signed: _____ Date: _____

For Office Use Only:

Please retain the customer copy (pink) for your records.

DISTRIBUTION: **Original:** Retained on-site **Yellow:** ARC **Pink:** Customer



Hiawatha Community Center
2700 California Ave. S.W.
Seattle, WA 98116



Historical Photos

Hiawatha Community Center Advisory Council, West Seattle High School Alumni Association, and Friends of Olmsted Parks are cooperating to collect historical photos about activities in and on Hiawatha Community Center and Playfield. If you have items of interest please call Dorothy Poplawski or John Hermann at 684-7441.

Adults should check out Yoga, Swing Dance, and Tap Dance classes.

Volunteer Opportunities

This fall volunteers are needed for the annual Halloween Carnival. Call 206-684-7441 if you are interested in helping.

Middle School Dance
SATURDAY NOVEMBER 8
8:00 – 11:00 PM
Alki Community Center

Planning a Family or Special Event

The center's facilities are available for rentals when not scheduled for operation.

- ☒ Auditorium – vaulted ceiling, indirect lighting, small kitchen, and great acoustics. Ideal for parties & seminars
- ☒ Gym – basketball & volleyball courts. Call 684-7441 to check availability and to reserve a date at least two weeks prior to the desired rental.